



The Journal

Vol. 27

No. 36

www.cnic.navy.mil/bethesda/

September 17, 2015

NSAB's Freedom 5K Honors 9/11 Victims



Photos by MC3 Hank Gettys

Naval Support Activity Bethesda (NSAB) Morale, Welfare and Recreation held its third annual Freedom 5K Sept. 11 to commemorate the 14th anniversary of the 9/11 tragedy. [The run is] to help people remember the day and pay tribute to those who lost their life," said NSAB MWR Fitness Center Director Jerry Cataldo. "Remember the day, so we never forget what happened."



By Andrew Damstedt
NSAB Public Affairs
staff writer

A few people carried flags, some pushed strollers while others walked and some ran the entire course of the third annual Freedom 5K on-board Naval Support Activity Bethesda (NSAB) and put on by base Morale, Welfare and Recreation (MWR) to commemorate the 14th anniversary of the 9/11 tragedy.

"[The run is] to help people remember the day and pay tribute to those who lost their life," said NSAB MWR Fitness Center Director Jerry Cataldo.

"Remember the day, so we never forget what happened."

Before the race and later at the USO Warrior and Family Center at Bethesda, Commanding Officer Capt. Marvin L. Jones gave remarks reminding those in attendance to remember the tragic events and those who lost their lives.

"On that day, a terrible and tragic series of events occurred which shook our nation," Jones said. "Almost 3,000 people lost their lives in cowardly attacks which hurt us. Grandparents, parents, siblings, children, friends and fellow service members and co-workers perished or were forever affected by the

events of that day, even today."

Army Sgt. Trinity Eubanks sang the National Anthem and Command Chaplain Christilene Whalen offered the invocation before the race. Different this year, Cataldo said people had the option to choose red, white or blue t-shirts for a patriotic theme.

The race has been held on Sept. 11 for the past three years – and this year's race was open to anyone with base access. Participants included service members, Wounded Warriors, family members and employees, among others.

See **RUN** page 10

NMPDC CMC's Column

As we reflect upon yesterday's Chief Petty Officer pinning ceremony, we should think about what it takes to get promoted in today's Navy. Scoring high on a test which assesses professional and military knowledge? Demonstrating good leadership potential? Working hard, treating others with respect, and receiving fair and well-documented performance evaluations? Avoiding getting into trouble by practicing good decision making on and off-duty? Support of loved ones so that the member can dedicate their best to their work? A little luck? Exceptional timing? Perhaps it is a balanced combination of ALL those things.

Unfortunately many of us have seen exceptionally qualified people leave the service because they were lacking something from the above list, and were not promoted in time. It is more heartbreaking when the only thing they were missing was luck or timing, and they had to leave without choice.

Two years ago in the Memorial Auditorium a young Sailor asked the Master Chief Petty Officer of the Navy Mike Stephens what advice he could give to someone aspiring to become MCPON. He told her to work hard regardless of what the assignment, stay out of trouble by doing the right thing, and be a good and decent person to everyone in her circles and to herself....sage advice from someone who has reached the highest enlisted position in the Navy. And I don't think MCPON, or any experienced mentor, has ever started



HMCN Peter R. Rona
NMPDC CMC

giving their career advice with "promotion is all about luck and timing". The stakes are too high for not getting it right. We MUST help promote those who are fully ready, and the best and fully qualified. This will happen if we follow instructions, guidance, selection board precepts, and genuinely help mentor those around us at all levels.

I urge all leaders to try harder to get it right in helping to promote the best and fully qualified personnel, and never

to allow their people's careers be left to fate, chance, luck, or timing. Our predecessors helped prepare us, and now it is our turn every day to help prepare our replacements every single day for the challenges of the future. Our newest Chief Petty Officers will start doing exactly that today, as we begin CPO 365 Phase 1 training sessions again. They will help pass on skills, knowledge, and other tools they have gained throughout their careers to First Class Petty Officers in order to develop their replacements. Chiefs will also continue to help with the development of Junior Officers, to help them develop the wise judgment they will need when they become our COs and XO's. It is comforting to know that the cycle will continue, and we will continue to give it our all to make our Navy ready for its mission, to help defend democracy, our freedom, and our way of life.

Bethesda Notebook

Suicide Prevention Walk

Resiliency and Psychological Health Service's annual "I Walk to Remember" Suicide Prevention Walk is scheduled for Sept. 30 at noon beginning at the Healing Plaza in front of the America Building. For more information, call 301-400-1974.

Healing Arts Exhibit

The Healing Arts Exhibit (previously known as the Breast Cancer Art Show) at Walter Reed National Military Medical Center will be Oct. 8 at 3 p.m. in the Pavilion between the America Garage and Building 19. Artwork submissions will be accepted until Oct. 2. For more information regarding submissions, contact Jessica Shipman at 301-319-2896 or Capt. Moira G. McGuire at 301-319-8755.

Emergency Preparedness Day

Tours and demonstrations of state of the are Emergency Management Capabilities and Contingency Resources will be held Sept. 24 from 10 a.m. to 2 p.m. outside of the Bldg. 1 Tower. The event includes static displays, capabilities demonstrations, information tables and interactive stations.

Published by offset every Thursday by Comprint Military Publications, 9030 Comprint Court, Gaithersburg, Md. 20877, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color,



religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-921-2800. Publisher's advertising offices are located at 9030 Comprint Court, Gaithersburg, Md. 20877. Classified ads can be placed by calling 301-670-1700.

Naval Support Activity (NSA) Bethesda

Commanding Officer: Capt. Marvin L. Jones	NSAB Ombudsman	
Public Affairs Officer: Ronald D. Inman	Michelle Herrera	240-370-5421
Public Affairs Office: 301-295-1803		
	NSAB Chaplain's Office	301-319-4443/4706
	Sexual Assault Response Coordinator Hotline	301-442-2053
	The Journal Archive Online: http://www.dcmilitary.com/section/newspaperArchiveJournal	
	Visit us on Facebook:	
	Naval Support Activity Bethesda page: https://www.facebook.com/NSABethesda	
	Walter Reed National Medical Center page: http://www.facebook.com/pages/Walter-Reed-National-Military-Medical-Center/29585721711107	
	Uniformed Services University of the Health Sciences page: http://www.facebook.com/pages/Uniformed-Services-University-of-the-Health-Sciences/96338890888?fref=ts	
NSA Bethesda		
Fleet And Family Support Center	301-319-4087	
Walter Reed National Military Medical Center Office of Media Relations	301-295-5727	
NSAB Emergency Information Line	301-295-6246	

Military Medicine Seeks Best, Brightest

GME Leaders Look to Attract Top Students to Serve Nation



Photo by Bernard S. Little

Maj. Gen. (Dr.) Jeffrey B. Clark, Walter Reed National Military Medical Center (WRNMMC) director, welcomes medical advisors from some of the nation's top universities to WRNMMC for a day-long program to discuss opportunities available to students who pursue medical careers in uniform.

By Bernard S. Little
WRNMMC Public Affairs
staff writer

Hoping to continue to attract the best and brightest to serve in military medicine, Graduate Medical Education (GME) leaders and Army recruiters recently hosted medical advisors from some of the nation's top universities at Walter Reed National Military Medical Center (WRNMMC) to explain opportunities available to students who pursue medical careers in uniform.

Advisors from the University of Virginia, Rutgers University, George Washington University, Georgetown University, the University of Delaware, Dickinson College, Drexel University, Villanova University, and the Philadelphia College of Osteopathic Medicine attended the day-long program, which also included a tour of the National Intrepid Center of Excellence (NICoE), Military Advanced Training Center (MATC) and John P. Murtha Cancer Center (MCC) at WRNMMC. NICoE works to advance the clinical care, diagnosis, research and education of military service members with traumatic brain injuries (TBI) and psychological health (PH) conditions. The MATC offers rehabilitating beneficiaries the latest in cutting-edge equipment to help with their recovery. The MCC is the Department of Defense's only Center of Excellence for cancer care.

"I have worn the uniform for 31 years," said Maj. Gen. (Dr.) Jeffrey B. Clark, WRNMMC director, welcoming the advisors to WRNMMC. "The Army created an opportunity for me, and I've loved every minute of it. We who wear the uniform have the privilege of serving two professions -- we serve the profession of medicine and we serve the profession of arms. We consider it a privilege to be able to do both."

The general explained he attended East Carolina School of Medicine as

part of the Health Professions Scholarship Program (HPSP), which offers prospective military health-care professionals a paid medical education in exchange for service as a commissioned medical department officer.

"It's important we get the message out to everybody what great services and great opportunities we have in military medicine," said Col. (Dr.) Brian Belson, director for Education, Training and Research at WRNMMC.

"Our responsibility is to recruit the next generation of health-care professionals to care for our service members, their families and whatever contingencies our nation may call upon us to respond to," said Lt. Col. Tracy Michael, commander for the U.S. Army 1st Medical Recruiting Battalion. "It gives our Soldiers a tremendous amount of comfort knowing that when they go into harm's way, we have top quality, world-class physicians as well as treatment facilities to be able to care for them if they are wounded, ill or injured. It's an awesome responsibility and one we take very seriously. There is no other organization in the Army like ours. If we don't meet our mission, the cavalry is not coming over the hill." He added the health of the force impacts military readiness.

Michael added the Army Medical Department is "about 155,000 strong," and its members can be found on five continents. "We operate the fifth largest health-care system in the world; and we have a multi-billion dollar budget."

"There's a lot to know about Army medicine," said Col. (Dr.) Michael R. Nelson, director of the Medical Education Directorate in the U.S. Army Office of the Surgeon General. He provided a strategic overview of Army GME and its global health engagement. He said there are "unparalleled opportunities for medical training and patient care."

See **MEDICINE** page 10



TRICARE Prime in the National Capital Region Gives You:

Open Access to any Primary or Specialty Care clinic at any Military Treatment Facility in the NCR Multi-Service Market!



- 1 Andrew Rader Army Health Clinic, 2 DiLorenzo TRICARE Health Clinic, 3 Dumfries Health Center, 4 Fairfax Health Center, 5 Fort Belvoir Community Hospital, 6 Fort McNair Army Health Clinic, 7 Joint Base Anacostia-Bolling Clinic, 8 Kimbrough Ambulatory Care Center, 9 Malcolm Grow Medical Clinics & Surgery Center, 10 Naval Health Clinic Annapolis, 11 Naval Health Clinic Quantico, 12 Naval Health Clinic Washington Navy Yard, 13 Walter Reed National Military Medical Center

Find a Military Treatment Facility close to you at
www.capmed.mil/FindYourMTF

1051582

ENROLL TODAY!
www.hnfs.com or 1-877-TRICARE

Summer 2015 DAISY Award Winners

By Sharon Renee Taylor with
MC1 (AW) Chris Krucke
WRNMMC Public Affairs
staff writer

Three Walter Reed National Military Medical Center (WRNMMC) staffers earned the DAISY Award for exceptional nursing this summer. Pamela Quinn, Army 2nd Lt. Lauren Graham, and Claudia Chavez received the prize for the months of June, July and August, respectively.

The DAISY Award is a way to honor the exceptional care delivered by nurses across the nation in nearly 2,000 health-care facilities. DAISY stands for "Disease Attacking the Immune System," and the award was created by the family of James Patrick Barnes in 1999 as a way to show appreciation of the nursing care they received during his hospitalization. Barnes survived Hodgkins Disease twice, and was later diagnosed with Idiopathic Thrombocytopenia Purpura (ITP). He passed away at 33 in 1999.

Quinn, a clinical nurse at the National Intrepid Center of Excellence (NICoE), is a second-generation nurse and recipient of the June DAISY Award. She was nominated for the



Photo by Sharon Renee Taylor

Army 2nd Lt. Lauren Graham, a nurse on 4-East at Walter Reed National Military Medical Center (WRNMMC), earned the July DAISY Award at WRNMMC.

award by a fellow NICoE colleague, Clinical Social Worker Krista Argiolas.

"She routinely goes above and beyond normal position requirements to ensure that her patients receive excellent care," Argiolas said. The clinical social worker considers Quinn a role



Photo by Mass Communication Specialist 1st Class Christopher Krucke

Pamela Quinn, a clinical nurse at the National Intrepid Center of Excellence (NICoE), earned the June DAISY Award at Walter Reed National Military Medical Center (WRNMMC).

model and valued colleague who, "embodies the concepts of patient-centered care and best practice."

A nurse on 4-East, Graham earned the July DAISY Award as a "person [who] epitomizes what it means to be a nurse, and caring and devoted to her patients," read the nomination for the Soldier. The nominating patient praised Graham's effort to help, citing the determination, support and attention she received from the lieutenant.

"This nurse went to great lengths to help get my pain under control. She called doctors at all hours of the day and stayed with me through the hardest time. She continually made me feel that someone did care when I was very depressed," wrote the patient.

A graduate of Grand Canyon University College of Nursing in Arizona, WRNMMC is Graham's first duty station as a military nurse. Her father is a colonel, serving as a fighter pilot in the Air Force; her mother, grandmother and great grandmother were all nurses.

The patient who nominated Chavez as the August DAISY Award winner spent four days in the Labor and Delivery unit for the birth of her first child. As a pediatric hematologist/oncologist and palliative care physician at the National Institutes of Health, the patient explained she held a high standard of care providers.

"This nurse did not simply meet my hopes for a bedside nurse, but actually exceeded my personal and professional expectations," the nomination read. She explained the reasons why she nominated Chavez for the DAISY award— her compassion, advo-



Courtesy photo

Army Col. Ray Antoine, director of nursing services at Walter Reed National Military Medical Center, awards Claudia Chavez the August DAISY Award for extraordinary nursing at WRNMMC.

cacy, professionalism, contribution as a team player and mentor, commitment, and exceptional care. "My birth experience was blessed by her presence and care. I hope my new daughter grows up to serve others in a way which is consistent with this nurse's beautiful example," the patient wrote.

See **AWARD** page 10

Advance Your Career Today as an Armed Uniformed Protection Officer



Benefits

- \$28.86 per hour base pay
- Health & Welfare Benefits Plan
- Vacation and personal/sick days
- Height/weight and Clearance Bonus incentives

Basic Initial Qualification Requirements

To qualify, you must be 21 years of age, a U.S. citizen, and possess a valid Driver's License. In addition, you must:

- Possess a Bachelor's Degree; *or*
- An Associate's degree in Criminal Justice and security experience within the last year; *or*
- Be a graduate of a certified law enforcement training academy, military police school, or Marine Security Guard School; *or*
- Have a minimum of three years of armed security experience within the last four years; *or*
- Have a minimum of three years of active duty military service, having reached the rank of E-4 upon Honorable Discharge

To apply, contact the National Recruiters at urecruiter@icsecurity.com or 571-384-7024/5



10510 Furnace Road, Lorton, VA 22079

www.icsecurity.com

Hispanic Heritage Month: Sept. 15 – Oct. 15



Courtesy photo

President Obama awards the Medal of Honor to Sgt. 1st Class Leroy Arthur Petry, of Hispanic descent from Sante Fe, N.M., in 2011 for his acts of gallantry and intrepidity at the risk of his own life in Paktia Province, Afghanistan.

By Sharon Renee Taylor
WRNMMC Public Affairs
staff writer

Walter Reed National Military Medical Center will celebrate Hispanic Heritage Month with a celebration on Sept. 24, at 11:30a.m., in the America Building (Bldg. 19) lobby, first floor, near the piano.

Each year, the president issues a proclamation designating Sept. 15 through Oct. 15 as “National Hispanic Heritage Month.” The term Hispanic or Latino refers to Mexican, Puerto Rican, South or Central American and other Spanish cultures of origin, regardless of race.

During the month-long observance, the achievements and contributions of Hispanic Americans are celebrated. The countries of Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, Mexico, Chile and Belize all celebrate their independence days during Hispanic Heritage Month. The theme for this year’s celebration is, “Honoring our Heritage. Building our Future.”

1.2 million Hispanics or Latinos 18 and older are veterans of the U.S. armed forces, according to the U.S. Census Bureau, 2012 American Community Survey. The contributions of Hispanics in the military can be traced to as early as the War of Independence and Col. Don Bernardo de Galvez, namesake of Galveston, Texas.

Galvez, a member of the Spanish militia, supported U.S. forces fighting for independence from Great Britain in 1776. Loreta Janeta Velázquez, a Cuban-born woman dressed as a man, enlisted in the Confederate Army in 1861. Velázquez fought at Bull Run, Ball’s Bluff and Fort Donelson. She was discovered and discharged, reenlisted and fought again, this time at Shiloh.

Captain Maximiliano Luna and George Armijo served in the 1st U.S. Volunteer Cavalry, known as the ‘Rough Riders’ under then Lt. Col.

Theodore Roosevelt in 1898 during the Spanish-American War, according to historian, genealogist, and lecturer, John Schmal.

A Hispanic Soldier named Pvt. Marcelino Serna captured 24 German Soldiers in France in 1918; that same year, Pvt. David Barkley risked his life to locate the enemy’s position, crawling 400 yards behind enemy lines. Both Serna and Barkley received the Medal of Honor posthumously.

A New Mexico National Guard unit, the 200th Coast Artillery, became the first to fire in the Pacific theater. The Spanish-speaking unit sent to the Philippines during World War II surrendered on April 9, 1941 and began the 85-mile Bataan Death March to a Japanese prison camp where they remained prisoners of war for three and a half years.

In 1951, Gen. Richard E. Cavazos became the Army’s first Hispanic four-star general, serving as a commander in both the Korean War and Vietnam War. Adm. Horacio Rivero became the first Hispanic four-star admiral in 1964 as a graduate of the Naval Academy in 1931. President Carter appointed the Honorable Edward Hidalgo as Secretary of the Navy in 1979. The first Hispanic to serve in the office, Hidalgo served as an air combat intelligence officer during World War II.

In 1981, Lilia Ramires, Carmen Gilliland, Trinoria Pinto, and Ina Gomez became the first female Hispanic Americans to graduate from the Naval Academy. Air Force Brig. Gen. Carmelita Vigil-Schimmenti became the first Hispanic female to attain the rank of general, and the first female general from New Mexico in 1985. She first served as a hospital nurse during the Vietnam War. The Honorable Louis Caldera became the 17th Secretary of the Army in 1998, the first Hispanic to hold the position. Caldera was commissioned in 1978 in the Military Police

See **HERITAGE** page 9

MILITARY RETIREES* & ACTIVE-DUTY FAMILIES:

freedom | trust | choice

If you’re eligible for
TRICARE Prime[®],
you have a choice.

EXERCISE YOUR FREEDOM OF CHOICE:

The Department of Defense gives you
outstanding options for TRICARE Prime, including
the Johns Hopkins US Family Health Plan.

Receive all of your TRICARE Prime
benefits and more from one of the most
trusted names in medicine.

Request a free information packet or reserve a seat
at a free information briefing in your area:

Call 1-888-294-1129 or
ChooseHopkinsToday.org/NN



*Military Retirees under age 65 with TRICARE eligibility can enroll in the Plan.
TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved.

Warriors Receive Therapy Through Service Dog Training Program

By Sgt. 1st Class Jon Cupp
Warrior Transition Brigade-National
Capital Region Public Affairs

Wounded, ill and injured warriors seeking to treat many of the unseen symptoms of stress have an internship at their disposal designed to help them face those challenges through interaction with a few eager canine companions.

The Walter Reed Wounded Warrior Service Dog Training Program (WWSOTP) internship provides therapy while allowing military service members on NSAB and Fort Belvoir, Va. to train dogs which will later be given to other disabled warriors.

"What's unique about the service dog training program is that we work with clinicians here from occupational therapists to recreational therapists and social workers to set goals with the service members. The goals will help them, as they train the service dogs, to eventually transition back to the civilian world," said Carolyn Ford, a service dog training instructor for the program, who hails from Lawrence, Massachusetts. "Some of the specific goals that we help them with include socialization, emotional regulation and reduction of isolation, because a lot of times {Wounded Warriors} will go to appointments and then go back to their rooms, isolating themselves, so we want to get them out and get them active."

"The program can help people who have trauma, depression, anxiety and stress {among other conditions}," said Portsmouth, New Hampshire native, Col. Matthew St. Laurent, chief of occupational therapy/department of rehabilitation for the Walter Reed National Military Medical Center who oversees the program. "We all know that through the human-animal bond there is an endocrine hormonal production going on called oxytocin which is a "feel good" hormone. So training a service dog can help someone who may be going through PTSD or depression. We know that it relaxes them and calms their nerves."

Military service members are recommended for the program by people on their care team to include nurse case managers, primary care managers, occupational therapists, recreational therapists or social



Photos by Sgt. 1st Class Jon Cupp

Army Staff Sgt. Steven Betancourt, a patient and Soldier in transition for the Warrior Transition Brigade-National Capital Region, gives praise to James, a service dog in training, for retrieving a bottle of water from a refrigerator during an Aug. 25 session of the Wounded Warrior Service Dog Training Program at Naval Support Activity Bethesda.

workers among others.

Once they are accepted into the program, the service member goes to work with service dog trainers during train-the-trainer sessions. For the first sessions, the service members spend time developing a bond with the dogs they're training.

Over the course of the program, participants learn how to groom the animals, brush their teeth, clip their nails, check for any possible health issues, train the dogs to ignore distractions and teach the dogs various tasks that will allow them to assist veterans who have physical disabilities.

Service dogs learn as many as 90 tasks during the training to include picking up dropped keys, retrieving things from the refrigerator, helping people undress, opening doors and turning off light switches, among a host of other duties.

One of the biggest aspects of therapy with regard to training the dogs on commands involves emotional regulation, a complex process which includes the ability to regulate one's state or behavior, according to Emily Mittelman, a clinical service dog instructor for the program.

"There's more to the program than just the socialization piece, the participant in the program can learn emotional regulation by being able to shift their voice to do the correct tones for commands or praise," said Mittelman. "They are essentially re-training the way they think about talking to people and dogs."

The emotional regulation, which can help ease stress and depression through mood adjustment, has been compared to giving commands to the dogs in the strong intonation of someone like Arnold Schwarzenegger but then giving praise in a lighter, happy sounding intonation like that of Mickey Mouse.

The program utilizes a positive tone as the dog's reward which instructors say keeps the dogs engaged to continue training.

"We want to make sure that whatever task we are training the dog to do that we're giving positive reinforcement so we are rewarding the dog for good behavior," said Mittelman. "Which means the dog is going to want to do it over and over again."

"The dog in training may not respond to you if you display a depressive tone," added St. Laurent. "A dog attends to affection and loves when you cheer it on."

Service dogs trained in the program are mainly mobility dogs—those trained to help people who have some form of physical disability such as an amputation.

According to St. Laurent, with many service members suffering from survivor's guilt, making it back from combat when others didn't, the program offers a way for them to give back to fellow veterans.

"A lot of service members leave the battlefield with a feeling of so much guilt that they may develop post-traumatic stress reactions," St. Laurent explained. "I can tell them that I can't erase their past experiences, but maybe I can provide them some tools for living by inviting them to train a dog for a fellow vet."

The dogs used for the WWSOTP are loaned to the program by a local non-profit organization which breeds the dogs specifically to be service animals. The program receives Golden Retrievers or Labrador Retrievers from the organization when the dogs are about 16 weeks old.

Once the dogs complete the program at about the age of two years old, they are returned to the non-profit organization and partake in a graduation ceremony where they are placed with a wounded, ill or injured veteran.

For Brooklyn, New York native, Spc. Stephone Carmichael, an infantryman who is now a patient assigned to the Warrior Transition Brigade-National Capital Region (WTB-NCR), the program was a way to help him deal with a traumatic brain injury (TBI) suffered after being injured in an improvised explosive device blast in July 2014 in Afghanistan.

"It definitely helps me in terms of my TBI as it helps me to recall things better, especially when giving and reciting commands to the service dogs," said Carmichael. "It's also a pretty relaxing atmosphere and I like working with the animals."

"I've definitely benefitted from the program. It

Eligible veterans and active duty applicants can receive a
25% lower MMP mortgage rate and a federal tax credit.

MMP.MARYLAND.GOV/HOMEFRONT





Prior to grooming the animal, Spc. Stephone Carmichael, a patient and Soldier in transition with the Warrior Transition Brigade-National Capital Region, checks service-dog-in-training Annie for any lumps or other potential health concerns during an Aug. 25 training session of the Wounded Warrior Service Dog Training Program at Naval Support Activity Bethesda.



Carolyn Ford, a service dog training instructor, gives directions to a Soldier on how to properly give commands to James, a service dog, Aug. 25 during a session of the Warrior Service Dog Training Program at Naval Support Activity Bethesda.

DOG

Continued from pg. 6

gives me a sense of accomplishment that I'm helping someone else while also helping myself with my TBI," he added.

When Queens, New York native, Staff Sgt. Steven Betancourt, a logistics specialist now assigned as a patient with the WTB-NCR, was severely injured in an accident at Kandahar, Afghanistan in early 2014, he suffered through the stress of a nearly debilitating spine injury which left him with hip problems and other major issues.

"Learning how to adapt when you're healing is a whole complicated process, dealing with changes and how to go on with your future. It's not easy but whenever I get [stressed], I set up times to work with the dogs," said Betancourt. "When I leave [after working with the dogs], I'm happy, smiling and

I have a great time. When you come to work with the dogs your frame of mind changes and everything becomes very calm."

Having a mobility issue himself, said Betancourt, has allowed him to be uniquely qualified to assist in training a mobility service dog.

"I'm not able to walk like the average person anymore because I have a limp, and due to the spine injury, I'm limited and will never run again," said Betancourt. "So when I come here, I have the dog walk at my pace, which is not the average person's pace. The dog has to learn how to adjust to me."

"So once I leave, this dog will now be able to help someone else with my condition because he's programmed to walk at a certain pace. It's great to be able to help a Wounded Warrior in that way."

Currently, there are about 12 dogs being trained in the WWSDDP by wounded, ill or injured warriors at both NSAB and Fort Belvoir, Va.

We've got you covered for *Memory Care, Senior Living, Nursing & Rehabilitation*

HCR ManorCare offers a unique range of care in the Washington D.C. area under the Heartland, ManorCare and Arden Courts names.

By pooling our resources and expertise, we are able to provide carefully coordinated, individualized care options that maximize health, comfort, independence and dignity for our patients, residents and their families.

ManorCare 
Health Services

ManorCare's skilled nursing and rehabilitation centers offer post-acute services for those recovering from life-changing events such as illness, injury, surgery or multiple health issues — and need additional care before transitioning from hospital to home. Locations in:

Adelphi • Bethesda • Chevy Chase • Hyattsville • Largo
Potomac • Silver Spring • Wheaton
800.736.4427

Heartland 
Enriching life.

Provided at home, within an assisted living or skilled nursing center our hospice program includes comfort care, pain management and education for the patient and family, as well as psychosocial and spiritual support.

Baltimore 410.719.8670

Arden Courts 

Arden Courts were researched, designed and developed for persons living with Alzheimer's disease and other related dementias. We know, we understand, and we can help, because memory care is all we do.SM Memory care communities:

Annandale • Fair Oaks • Kensington • Potomac • Silver Spring
888.478.2410



HCR ManorCare 
Heartland • ManorCare • Arden Courts

WRNMMC Prosthetic Eye-Maker to Speak at NMHM Event

By Paul Bello
National Museum of Health
and Medicine

The history of prosthetic eye-making and the delicate process involved with this procedure headlines the National Museum of Health and Medicine's (NMHM) upcoming Medical Museum Science Café, which will take place Tuesday, Sept. 22 from 6 – 7 p.m.

The presentation, "Making Them Whole: Ocular Prosthetics," will be led by Louis Gilbert, anaplastologist at Walter Reed National Military Medical Center (WRNMMC).

Gilbert, who previously served 20 years in the U.S. Navy, is also a dental technician for the Department of Defense. He received training in maxillo-facial prosthetics while attending the Navy's Postgraduate Dental School on-board Naval Support Activity Bethesda, Md. It was there he developed a fondness for making prosthetic eyes. His talent for creating something out of nothing began long before that.

"I've always had a passion for art. Ever since I was a kid, whether it was drawing comics, or commercial art, such as still life, self-portraits or water colors," Gilbert said. "I'm still doing art 30 years later. It's been personally re-



Photo by Beverli Alford, WRNMMC Strategic Communications/Marketing

Louis Gilbert, an anaplastologist at Walter Reed National Military Medical Center (WRNMMC), will lead a presentation entitled, "Making Them Whole: Ocular Prosthetics," during the National Museum of Health and Medicine's monthly Medical Museum Science Café, which takes place Tuesday, Sept. 22 at the museum's home in Silver Spring, Maryland.

warding. I wouldn't want it any other way."

As an anaplastologist, Gilbert believes it's important to be mindful of

the expectations patients have. Of course, he added, it's equally important for patients to know his expectations on the outcome, as well.

Typically the process for making a single prosthetic eye takes about eight hours from start to finish, according to Gilbert. Three hours of the patient sitting in a chair, with the other five hours dedicated to sculpting, polishing and finishing the eye. During this stage he also focuses on eye color, as well as making sure it's a good fit to the patient.

Even with trauma cases, Gilbert admits he can get a pretty good product that will restore a patient's natural appearance. He plans on including several recent examples of his work during his presentation at NMHM.

"People often ask about movement. Prosthetic eyes only move 65-75 percent of the time. Though, in some cases, there's no movement at all," Gilbert said. "I don't believe the public knows much about the process that's involved with eye-making, so I'm really looking forward to a discussion like this. I think it's going to be a lot of fun."

NMHM's Medical Museum Science Cafés are a regular series of informal talks that connect the mission of the Department of Defense museum with the public. NMHM was founded as the Army Medical Museum in 1862 and moved to its new location in Silver Spring, Md. in 2012. For more information, visit www.medicalmuseum.mil.

DIGNITY. SECURITY. FRIENDSHIP.



VINSON HALL RETIREMENT COMMUNITY

Vinson Hall Retirement Community is a nonprofit CCRC located in convenient McLean, VA and offers independent residential living for military officers, their immediate family, and select government employees of equal rank.

Arleigh Burke Pavilion Assisted Living and The Sylvestery Memory Support Assisted Living do not require military affiliation.

**VINSON HALL
RETIREMENT COMMUNITY**

supported by Navy Marine Coast Guard Residence Foundation
6251 Old Dominion Drive, McLean, VA 22101
Please Visit Us at www.vinsonhall.org
703-536-4344

1050350



Changes Coming to TRICARE Pharmacy Benefit

By Department of Pharmacy

A new law going into effect Oct. 1 requires most TRICARE beneficiaries to obtain brand name maintenance medications from TRICARE Pharmacy Home Delivery or a military pharmacy. If beneficiaries keep using a retail pharmacy for these medications, they will have to pay the full cost. Active duty service members are exempt from the law's requirement.

Maintenance medications are those taken regularly for a long time, such as drugs to control blood pressure or cholesterol. The law doesn't apply to medications taken for a short time, like antibiotics, or generic drugs. The law also doesn't apply to beneficiaries living overseas, or who have another insurance plan with prescription drug coverage.

"A military pharmacy is a great way to fill maintenance medications, because you receive up to a 90-day supply, and there's no cost for TRICARE beneficiaries," said Army Col. Stephen Ford, director of the Department of Pharmacy at Walter Reed National Military Medical Center. Patients may contact Pharmacy Call Center staff at

301-295-2123 to see if your prescription is available.

Beneficiaries affected by the change will soon get letters from Express Scripts, Inc., the TRICARE pharmacy contractor. These letters will tell beneficiaries they are taking an affected drug, and explain their options. Beneficiaries can also call Express Scripts at 1-877-363-1303 to see if they are affected.

After Oct. 1, Express Scripts will send another letter to beneficiaries who continue using a retail pharmacy for affected medications. After that, beneficiaries have one more chance to fill these prescriptions at a retail pharmacy before they have to pay 100 percent of the cost of their medication.

TRICARE Pharmacy Home Delivery is a safe, convenient and low cost option to get maintenance medications. Beneficiaries can receive up to a 90-day supply, as opposed to a 30-day supply from a retail pharmacy, and offers a \$176 savings per year on your copayments for every brand name medication you switch to Home Delivery.

For more information about this change to TRICARE's pharmacy benefit, visit www.tricare.mil/RxNewRules.

HERITAGE

Continued from pg. 5

Corps before earning both a law degree and MBA from Harvard in 1987.

Hospitalman Apprentice Luis E. Fonseca, Jr. received the Navy Cross for heroism while serving with the Marines during the battle of An Nasiriyah, Iraq, in March 2003. In July 2006, Joe Campa became the first Hispanic Master Chief Petty Officer of the Navy, the service's top-ranking enlisted person.

Navy Commander Yvette Marie Davids became the first female Hispanic American to skipper a surface combatant. She took command of the guided missile frigate Curts (FFG 39) in 2010, and selected to the rank of captain in 2011.

For more information about the WRNMMC celebration of Hispanic Heritage Month, contact HM2 Travis Silvey, president of the Multicultural Committee, at 301-295-4263.

Time to Get Moving!

**By Travis Combest
WRNMMC Exercise
Physiologist, Outpatient
Nutrition Services**

Many people have busy schedules, but it's important to include physical activity as part of your day to help prevent diseases and increase your quality of life.

The Office of Disease Prevention and Health Promotion in the United States Department of Health and Human Services developed physical activity in people's lives guidelines in 2008, which stress the importance of physical activity.

These physical activity guidelines for adults include engaging in moderate-intensity aerobic physical activity for at least 150 minutes per week, or in vigorous-intensity aerobic physical activity for at least 75 minutes per week. If neither is possible, the guidelines suggest adults engage in an equivalent combination of moderate and vigorous intensity aerobic ac-



Courtesy photo

Travis Combest, an exercise physiologist at Walter Reed National Military Medical Center, demonstrates the proper technique for various exercises. He encourages people to participate in physical activity for a healthy lifestyle.

tivity weekly, as well as physical activities specifically designed to strengthen muscles at least two times per week.

It's important to set goals to incorporate both aerobic and muscle strengthening activities into our exercise schedules.

Aerobic Conditioning: Take

small walking or exercise breaks during the day.

It is important for us not to sit for extended periods of time. You can break up physical activity during the day. For example, walk 15 minutes in the morning and in the afternoon, or take an evening ride on a stationary bike

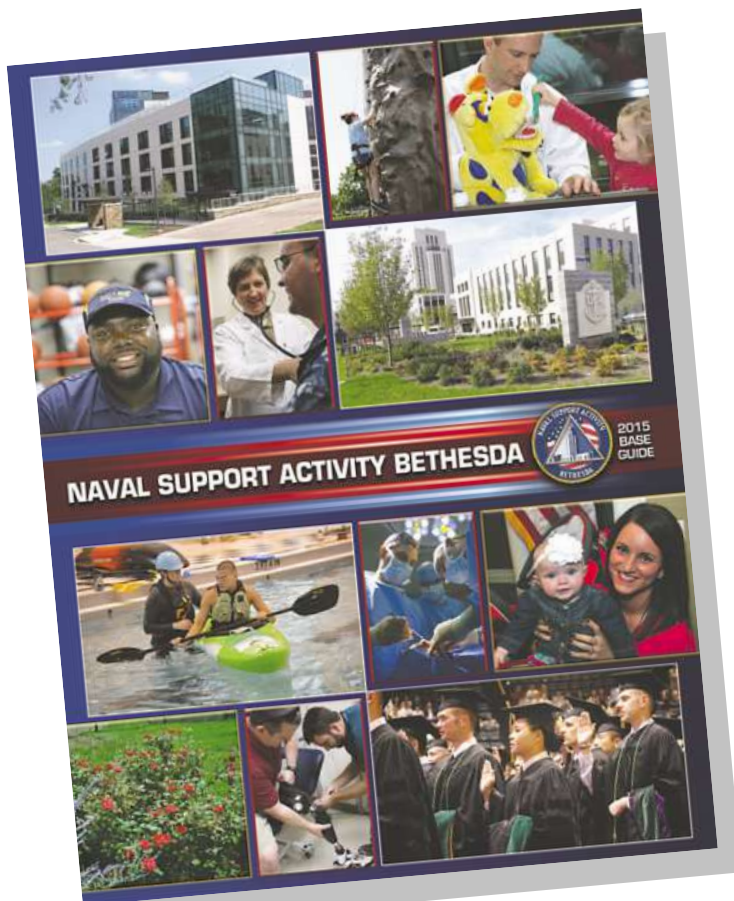
for about 15 minutes. The minimum amount of time for physical activity recommended by the American College of Sports Medicine is around 10 minutes at a time.

Muscular Strengthening: Perform body weight exercises or take a class.

You can perform body weight exercises such as pushups, sit-ups or squats during your day, and gradually increase the amount that you do every few weeks. For example, start with two sets of 20 repetitions of pushups, sit-ups, squats and jumping jacks performed on Tuesday and Thursday. After one month, increase to three sets of each exercise with 20 repetitions. The key is to gradually increase either the sets or repetitions, doing so every few weeks. Also, consider joining a group strengthening class or meeting with a personal trainer at a fitness center.

To see an exercise physiologist or dietitian, or for more information, contact Outpatient Nutrition Services at 301- 295-4065.

NAVAL SUPPORT ACTIVITY BETHESDA 2016 ANNUAL WELCOME GUIDE



Don't miss your chance to advertise in THE ONLY comprehensive guide to resources, facilities, attractions and more for military personnel at NSA Bethesda including Walter Reed!

Advertising deadline:
October 9

Reserve your ad space today!
Email mminar@dcilitary.com or call:
301-921-2800

Ask about special pricing and custom packages for new advertisers!



RUN

Continued from pg. 1

“We like to keep (the race) on 9/11 to keep it special,” said NSAB Fitness Center Manager Amanda Kozay.

There were 217 participants in this year’s run, she said, noting that “everyone said they enjoyed it and it was a great run.”

She said it was a non-competitive race so there were both runners and walkers.

The runners were led by motorcyclists, the Patriot Guard, around the course which started and ended at the MWR Sports Complex. The partici-

pants also went past the USO Warrior and Family Center, and around the Fisher Houses and Uniformed Services University of the Health Sciences.

Back at the MWR Sports Complex, there were light refreshments and local rock band ROADDOG performed. Food also was collected as part of the Feds Feed Families campaign, which is an ongoing food drive until Oct. 5.

“As you run today, run for remembrance,” Jones said.

MWR is hosting its next race, a Breast Cancer Awareness 5K, Saturday, Oct. 3. For more information or to register, go to www.nsabthinkpink2015.eventbrite.com.

Veterans, come join the VA!



Currently hiring for the following positions:

- Registered Nurse
- Medical Officer
- Practical Nurse
- Nursing Assistant
- Pharmacist
- Veterans Claims Examiner/Veterans Service Representative
- Medical Technologist
- Diagnostic Radiological Technician
- Medical Records Technician
- Human Resources Specialist
- Contract Specialist

The Veteran Employment Services Office (VESO) focuses on recruiting, retaining and supporting Veteran employees at the VA and across the federal government.

Contact VESO at:
855-824-8387
Visit VESO’s VA for Vets
website: www.vaforvets.va.gov

MEDICINE

Continued from pg. 3

The patient is at the center of all that we do. We are honored to take care of this nation’s heroes [who] include not only service members, but their family members and retirees.”

In addition to caring for a diverse population, Nelson said those within the military health care system have the opportunity to do cutting-edge research, support humanitarian and diplomatic missions, and develop as leaders. “We want to expose our medical officers to different jobs in military medicine.” He added it’s important for military medical officers to maintain

their clinical skills throughout their careers.

Col. (Dr.) Clifton Yu, GME director at WRNMMC, said military medicine allows people a variety of career opportunities and the ability to go back and forth between clinicals and academics. He called WRNMMC the “center of gravity” for military health care, serving as home for not only the NICoE, MATC and MCC, but also home of the Center for Prostate Disease Research Center, advanced robotic surgery and world-class simulation center.

“This is really a special place available to GME trainees and undergraduate medical students when they come here,” Yu added. “We have a long legacy of GME training [at WRNMMC].”

AWARD

Continued from pg. 4

Chavez shed tears as Army Col. Ray Antoine, director of nursing services at WRNMMC, read the nomination. She recalled the patient.

After she received the award,

Chavez explained that English is her second language. She recalled that when she was in first grade she had difficulty communicating with the other students and teachers, making her experiences tough.

When she learned English, Chavez said she realized she could do anything, and she decided to become a nurse to help others.



Classifieds

Call **301-670-2503**

Apartments

CLINTON -2 Bdrm, 1 Ba efficiency w/full kitchen, priv entrn. **for single prof male or female**, 3 mi to AAFB, \$800/mo. All utilities & cable incl., Avail. 8/1. Call 202-550-7606.

Merchandise Sales

LADIES NAVAL UNIFORMS, Kaki shirts, size 34; Pants (kakis & Black-varies sizes), sweaters, med sz. & skirts; plus accessories. Very good condition & will sell cheap. Call or text 703-389-1104

Shared Housing

KENSINGTON AREA
Fully furnished room for rent in house w/ full kitchen privileges. 10 min. from Walter Reed. Safe, quiet neighborhood. Seeks non-smoking, clean, friendly professional female w/ full-time job at Walter Reed to fit in, live w/ family of 3 w/ one dog and bird. \$925.00/mo utilities incl.

Call (202) 288-9363

**To Advertise
Call Us
Today
301.670.2503**

Let us help you find the right candidate, recruiting can be simple!

Maryland, Virginia, Washington DC, we have you covered!

Call us today 301.670.2500



**Comprint
Military
Publications**



ARE
So
YOU
Are
READING
Over 450,000
THIS
Others!
AD?

Why Advertise? Because it works!

**Call 301-670-2503
TO PLACE YOUR AD!**



Mercedes-Benz

DELIVERING LUXURY TO OUR TROOPS AND VETERANS.



2014 Mercedes-Benz CLA-Class
Starting at \$29,900



2014 Mercedes-Benz ML 350 Sport Utility

EuroMotorcars
B E T H E S D A

EuroMotorcars Bethesda
Randy Merry and Jim Pratt, New Car Sales Managers
Gregg Eisenberg and Kenny Griffin, Pre-Owned Sales Managers
888.250.2987
EuroBethesda.com
7020 Arlington Road, Bethesda, MD 20814

*See dealer for complete details. Photos
used for advertising purposes only.

1051593

dc
Careers
military.com

**Have Security Clearance and
Looking for a Job?**

Log on to careers.dcmilitary.com to:

- Create a free account and begin your job search
- Upload your resume so companies searching our database can find you
- Review company profiles to learn about those hiring